



Abundant Health & Vitality Meal Replacement Tips

Thank you for your interest. Your support is very important to us!

Abundant Health & Vitality protein supplements are a great way to make your daily protein goals.
For weight loss aim for a total of 90 grams of protein a day

Protein helps you feel fuller longer and helps with lean muscle and metabolism!



Chocolate Shake

Protein Shake Tip

Add cold almond milk (or other milk) in place of water
Tip: These shakes are best served cold *without* ice
Abundant Health & Vitality Shakes can also be used for pudding!
Follow the package directions to make your shake into a creamy pudding snack



Strawberry Shake

Coffee Tip

Tired of the regular boring cup of Joe?
Serve our coffee meal replacement over ice!



Coffee Protein Shake

Water Tip



Drinking water can help you
feel full, avoid dehydration, and ward off
cravings!

Sweet Tooth Tip

Need to fend off a sweet tooth?
Use Abundant Health Vitality protein
bars for your sweet tooth fix
without compromising weight
loss!



Cinnamon and Raisins Bar



Rockie Road Bar

Recommended Timing and Frequency for Meals and Snacks:

5-6 meals and snacks 2-3 hours apart to help with hunger, cravings, and glycemic (sugar) control
Abundant Health & Vitality Protein Supplements can be used in place of a meal and/or snack.

Do not go below a total of 1200 calories a day without doctor's supervision

7 AM	ABHV Protein Coffee or Breakfast Sampler Item
9 AM	Snack (Handful of cashews)
12 noon	Lunch on your own
3 PM	ABHV Protein Bar
6 PM	Dinner or ABHV Protein Soup and Salad
8 PM	ABHV Vanilla Pudding

Add ABHV daily multivitamin
*ABHV (Abundant Health Vitality)

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